

WINNIPEG
metro



NEWS
WORTH
SHARING.




It's Time To Call...
204.774.1474

Duct & Furnace Cleaning Includes 14 Vents

Regular \$229.99
Special Price \$144⁹⁵
Save \$85

Extra vents add \$8.95 per vent.
 AC or High Efficiency Furnaces add \$39. Offers expire Oct 31.

RIDDICK-ULOUS HE'S NOT

VIN DIESEL CONTINUES TO PROVE HE KNOWS WHAT HE'S DOING BY GIVING AUDIENCES WHAT THEY WANT

PAGE 8



CELEBRATING

75 YEARS


RED RIVER COLLEGE

Let's Celebrate!

**Red River College
Legacy Golf Classic**

September 16, 2013

rrc.ca/75years

Charges laid in death of teen



Christian O'Neil, 18, has been identified by friends as the man killed at a Transcona house party early Saturday. TWITTER

Assaulted at house party. Young man becomes city's 14th homicide this year



SHANE GIBSON
shane.gibson@metronews.ca

Friends of the city's latest homicide victim took to social media this weekend to pay tribute to the young man killed at a Transcona house party early Saturday morning.

The victim, identified by friends on social media as 18-year-old Christian O'Neil, was taken to hospital with upper-body injuries after police allege he was assaulted at a party in a home in the 100 block of Nevens Bay at about 1 a.m.

O'Neil died later in hospital, and grieving friends quickly turned to Twitter to remember their friend and deal with their sudden loss.

"If you were not friends with Christian, you don't know what was taken from us, his family and the

Call for witnesses

The homicide unit continues to investigate, and anyone who was at the party and saw the alleged assault, but hasn't spoken to police, is asked to call investigators at 204-986-6508.

world," read one of the dozens of tributes that popped up by Monday under the hashtag #ripchristian. "The potential and the person he is, will never be duplicated."

After interviewing several people who were at the party, city police arrested and charged a 17-year-old Winnipeg man with manslaughter.

Police spokesperson Const. Eric Hofley would say little on Monday about what led to the alleged assault.

"They were at a party and a verbal altercation resulted in a physical assault," he told Metro, noting no weapons were used. "Unfortunately, the fellow sustained injuries that he later succumbed to."

2013 F150 SUPER CREW


EMPLOYEE PRICING
at MID-TOWN FORD!
MANITOBA'S PREMIER FORD DEALER

Making Customers For Life

MID-TOWN
FORD SALES
WINNIPEG

WWW.MYMIDTOWNFORD.COM • 100-1717 WAVERLEY ST. • 1-888-655-1021

Slow and steady wins rescue by Animal Services

Henderson Highway. Snapping turtle estimated to weigh 35 to 50 pounds

Only a couple days after recovering an illegal alligator in St. Vital, the City of Winnipeg's Animal Services department was called to Henderson Highway on Friday morning to snap up a turtle.

The turtle was located along the fence of a home at the corner of Henderson and Bredin Drive, just north of Elmwood Park.

Alex McWilliams, a retired farmer from the Pembina Valley who now lives in East Kildonan and takes care of the park, said the turtle likely weighed about 35 to 50 pounds.

"A year ago, there was one even bigger than this one," said McWilliams, adding he found that turtle in the park closer to the Red River.

"I left it alone, I'm sure it just went back into the water."

McWilliams said he didn't make the call to Animal Services, but happened upon the scene and chatted with the city workers on site.

A city spokesperson confirmed that Animal Services officers recovered a wild, male snapping turtle about 30 years of age and he was released back into the river system.

"Snapping turtles are common in Manitoba and their natural habitat ranges as far southeast as Florida," said the spokesperson in an email to Metro.

"Animal Services occasionally responds to incidents involving animals such as turtles, snakes, lizards, chickens, goats, and other commercial animals."

McWilliams said these haven't been the only brushes he's had with river turtles; about 40 years ago, he found one stuck in the fence along his pig enclosure that he helped save.

"It weighed 60 pounds," added McWilliams with a smile. **BERNICE PONTANILLA/METRO**



This turtle was recovered along Henderson Highway near Elmwood Park on Friday morning. **BERNICE PONTANILLA/METRO**



Kovo and Raj are the names of the new cubs at Assiniboine Park Zoo, pictured here with their mother Batu. **BERNICE PONTANILLA/METRO**

Snow leopards named

The results of the vote are in and the Assiniboine Park Zoo's two newest additions, the snow leopard cubs, have names: Kovo and Raj.

Zoo officials said the poll on their Facebook page drew a total of 780 votes. Kovo is an Indian name that means strong, and Raj means royalty or kingdom in many Sanskrit

and Hindu languages.

"It's wonderful to see that the community is as excited about the cubs as we are," said Gary Lunsford, the zoo's general curator and acting director of zoological operations.

"I can't think of a better way to name them than with the help of our friends and

visitors."

The two snow leopard cubs, which were born at the zoo on June 29, kept dozens of adults, children and members of the media waiting for more than a half hour last Tuesday morning during their first meet and greet with the public.

BERNICE PONTANILLA/METRO



Don't know which direction to take?

Start on your career path with Metis Employment & Training.

If you're Metis, Inuit, or Non-Status, achieve your goals, and get yourself job ready with the training and funding you need by connecting with Metis Employment and Training.

Visit **mmfemployment.ca**

or call **204-586-8474 ext 242** to register and get a **FREE backpack and career info kit.**

Our gift to you for taking your first big step.



Affordability. Man. eyes deal on tenant insurance for public housing

The Manitoba government is working on a deal to make it easier for people in public housing to get tenant insurance.

The province is putting the finishing touches on an agreement with Ontario-based SoHo Insurance to offer affordable coverage for renters in Manitoba Housing's 14,000 units.

Darrell Jones, CEO of Manitoba Housing, says some people have had a hard time getting insurance companies to cover them.

The government put out a call in March for an insurance company that would not deny coverage based on income or location.

Jones says SoHo, which

has offered similar insurance in Ontario for years, responded.

The government will not subsidize the insurance, but will make tenants aware that the insurance is available for as little as \$155 a year.

"Whenever you have a large portfolio (of housing), you're going to have incidents occur, where damages or fires occur, and people were left with fairly significant losses sometimes," Jones said on Friday.

The insurance could also be extended to another 22,000 homes run by non-profit groups and housing co-operatives.

THE CANADIAN PRESS

A \$6-million deal. Province invests in Experimental Lakes Area

The Province of Manitoba has signed a six-year agreement with the International Institute for Sustainable Development (IISD) to provide funding for the organization as it takes operation of the Experimental Lakes Area (ELA).

The deal, worth more than \$6 million, includes \$900,000 to be dedicated to funding freshwater research and technology — work Premier Greg Selinger noted could be used to help save Lake Winnipeg.

"The ELA will be invaluable to helping us solve the complex issues surrounding the health of Lake Winnipeg and basin waterway challenges," he said in a release on Monday. "Stable long-term funding is critical for the nationally and internationally important work that is conducted at this facility."

Based in Winnipeg, the IISD has branches in Ottawa, New York City, Geneva and Beijing.

The organization uses scientific research to create and communicate innovative policy recommendations for decision-makers in government, business and civil society, according to the release.

The government of Manitoba is the largest core financial backer of the IISD.

METRO



Victor Bustamante plays guitar during the launch of Chile 40 Winnipeg, a series of events planned to mark the 40th anniversary of when General Augusto Pinochet led a bloody coup against Chile's democratically elected government on Sept. 11, 1973. SHANE GIBSON/METRO

Local Chileans mark 1973 coup

Never again. Winnipeg joins cities around the world with events to remember the day General Augusto Pinochet overthrew Chile's democratic government



SHANE GIBSON
shane.gibson@metronews.ca

It's a painful anniversary, but it's one Winnipeg's Chilean

community refuses to forget.

This month marks the 40th anniversary of General Augusto Pinochet's Sept. 11, 1973, overthrow of Chile's democratic government, which paved the way for 17 years of dictatorship and the torture, execution and imprisonment of thousands who opposed him.

In all, some 7,000 Chileans fled the dictatorship to take refuge in Canada, and those who settled in Winnipeg have a number of events planned throughout September to mark the occasion and share their history.

"Even though we are in

Canada ... we're still very connected in terms of what happened in Chile," explained Jaime Carrasco, a member of the event's organizing committee, who described being tortured as a political prisoner for three months before arriving in Canada in 1974. "Of the number of people that are from Chile here, at least 80 per cent of them also went through the same thing."

The Chile 40 Winnipeg committee — which includes Metro reporter Bernice Pontanilla — spent several months organizing events to mark the anniversary, includ-

ing a film festival at Cinematheque from Sept. 12 to 15, concerts, a commemoration ceremony and workshops throughout the month.

"Chileans at home and cities around the globe are coming together to reflect upon their history," another of the local event's organizers, Claudia Garcia de la Huerta, said at the event's launch on Monday. "It's a tribute to those whose loved ones were taken away, to share their stories with the next generation and, most important, to try and ensure that by keeping those memories alive, it never happens again."

EXPRESS YOUR APPRECIATION

DÉLICIEUX!
¡DELICIOSO!



French and Spanish classes start September 14th

Visit: languages.ustboniface.ca
or call: 204-235-4400, 204-233-0210 or
toll-free 1-888-233-5112

 **Université de Saint-Boniface**
Division de l'éducation permanente

Transit Tuesday



Weekly Transit News Update

GET INTO THE DOWNTOWN SPIRIT

The next time you and your friends are planning lunch at your favourite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to most of Winnipeg's most popular downtown destinations. For route and schedule information visit winnipegtransit.com or call 311.

BUSTXT FOR PEOPLE ON THE MOVE

BUSTxt is Winnipeg Transit's Short Message Service (SMS) for real-time transit information. Text 287898 to get up to the minute bus departure times, locate the nearest bus stop and more. Visit winnipegtransit.com for more information.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

PARK AND RIDE... AND RELAX

Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience and probably save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information about our Park & Ride service.

GO MOBILE WITH BUSGUIDE

BUSguide is the mobile version of Winnipeg Transit's award winning website. You'll get the same great features and information in a format that is optimized for internet-enabled mobile devices.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

GET READY TO RIDE WITH BOMBER FAN FARE

Going to the Bomber game? Just show us your valid Game Day ticket and enjoy free transit service to and from Investor's Group Field. The free transit offer applies three hours before game time and runs until the end of service and includes all Regular, Park & Ride, and Handi-Transit service. Visit winnipegtransit.com for more information.

Get Ready to Ride

BOMBER FAN FARE

Proudly supported by Manitoba Public Insurance Investors Group Field

bluebombers.com

'Freeman' to some, an outlaw to others

'Sovereign citizen' movement. Authorities warn against those who flout government, laws

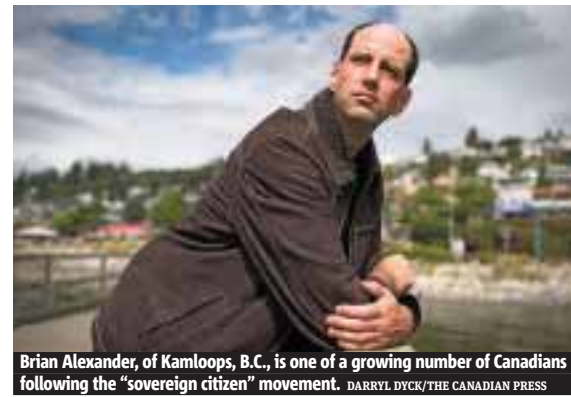
He introduces himself as Brian Arthur of the Alexander family. He drives without a licence and does not pay income tax.

Brian Alexander is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians who have "freed" themselves from what they see as an overbearing government.

"People can't afford to live, and they're basically destroying society," Alexander says at his home in Kamloops, B.C.

He speaks about the plight soldiers have faced upon their return from Afghanistan and about the ailing environment.

Alexander says violence has no place in the movement, but



Brian Alexander, of Kamloops, B.C., is one of a growing number of Canadians following the "sovereign citizen" movement. DARRYL DYCK/THE CANADIAN PRESS

one official who has followed the rise of Freemen in Canada says there have been a number of confrontations during traffic stops or legal proceedings.

"What we've seen over the last year is ... an increasing level of desperation," says Ron Usher, of the Society of B.C. Notaries.

"People just don't like the idea that someone isn't going to help them with their fantasy."

The Law Society of B.C. and B.C. Notaries have both issued warnings about Freemen, which the law society said in a bulletin last year may number as many as 30,000 in Canada.

Freemen in action

- In the U.S., the FBI considers the movement a domestic terror threat, and a 2011 FBI report cites several clashes with police.
- In Canada, the "Sovereign Squamish Government" claims to distribute its own licence plates, and one Ontario Freeman is using the Internet to recruit his own police force.

"Since one of the tenets of the ... movement is an unrestricted right to possess and use firearms, they raise significant safety and security concerns," the bulletin says.

Law-enforcement agencies are developing awareness materials for frontline officers.

THE CANADIAN PRESS

Read metro^{work} every Monday and Wednesday for tips and trends in education and employment.

Only in Metro.
News worth sharing.

ACHIEVE



THE UNIVERSITY OF WINNIPEG

NEED A RIDE?

Read metro^{drive} every Wednesday.

Obama must sell strategy on Syria: Republicans

U.S. Congress. Sen. John McCain says U.S. intervention will be tricky because Bashar Assad 'is moving his forces around'

Two Republican foreign-policy hawks say U.S. President Barack Obama must make a strong case for attacking Bashar Assad's Syria if he wants to win congressional backing for the operation.

Sen. John McCain told reporters at the White House that Obama's intervention now will be more difficult because Assad "is moving his forces around." Both McCain and Sen. Lindsey Graham questioned the wisdom of the administration publicly signalling in advance its intention to strike.

The Republican senators, who often speak with the same

voice on foreign affairs, talked in the White House driveway on Monday after a private meeting with Obama.

McCain said he believes lawmakers awaiting a critical vote on Syria "must be assured that this is different from the past two years of neglect" on the part of the administration.

Also on Monday, France released an intelligence report alleging chemical-weapons use by Syria's regime that dovetailed with similar U.S. claims, as Assad warned that any military strike against his country would spark an uncontrollable regional war and spread "chaos and extremism."

On Saturday, Obama stunned the world when he opted against immediate action in Syria despite the administration's insistence that Assad had gassed his own people, killing almost 1,500 citizens in a Damascus suburb on Aug. 21.

THE ASSOCIATED PRESS/WITH FILES FROM THE CANADIAN PRESS



Members of pro-Kremlin parties picket against possible U.S. military action against Syria near the U.S. Consulate in St. Petersburg, Russia, on Monday. The banner reads "Hands off Syria." **DMITRY LOVETSKY/THE ASSOCIATED PRESS**

Sweden. Obama to face NSA surveillance protests

Internet freedom activists plan to protest U.S. online spying when Barack Obama visits Stockholm this week, but the Swedish officials say they won't raise the sensitive issue with the U.S. president.

Foreign Minister Carl Bildt told The Associated Press on Monday that government surveillance of the Internet is "going on worldwide" and is not something on the agenda during Obama's visit on Wednesday and Thursday. "We are not entirely innocent ourselves," Bildt said. "We conduct both intelligence and security oper-

ations on the Net. But they are regulated by law. And we have stringent safeguards and surveillance of them."

He also noted that the European Union already is in discussions about "data privacy" issues with the United States.

The Swedish government sees itself as a champion of Internet freedom but critics have accused it of a double standard for not speaking out against U.S. surveillance programs exposed by National Security Agency leaker Edward Snowden.

THE ASSOCIATED PRESS



Sweden's Foreign Minister, Carl Bildt, pictured here in June, told The Associated Press on Monday that Internet-surveillance activities are happening worldwide and that "we are not entirely innocent ourselves." **THE ASSOCIATED PRESS FILE**

Manitoba Hydro Public Meetings

Manitoba Hydro invites you to attend a public meeting being held in your area.

Learn about our many services, activities, and projects.

Be part of the conversation. We want to hear from you.

Thursday, October 3, 2013

7:00 p.m.

Manitoba Hydro Place,

360 Portage Avenue, Winnipeg, MB

We look forward to seeing you.

For more information or a list of all meeting locations, call 204-480-5900 or visit hydro.mb.ca.



GREAT CANADIAN Shoreline Cleanup
VANCOUVER AQUARIUM & WWF
September 21-29, 2013
Join us for our 20th anniversary.
Hurry! Registration closes September 20th.
Find a cleanup site near you.
Visit ShorelineCleanup.ca
A CONSERVATION INITIATIVE OF
vancouver aquarium WWF

PRESENTING SPONSOR
REAL CANADIAN Superstore*
big on fresh, low on price.

CONSERVATION SUPPORTERS
Ocean Conservancy
PACIFIC COAST COLUMBIA BC Parks

© 1988 Panda symbol WWF-World Wide Fund For Nature (also known as World Wildlife Fund). © "WWF" is a WWF Registered Trademark.

Verizon no longer looking to enter Canadian market

Still concerned. A Telus executive is breathing a sigh of relief at the news, but remains on the offensive

The executive vice-president of Telus says the announcement that Verizon Communications Inc. is no longer interested in entering the Canadian market doesn't change the fact that the concern is about wireless rules in Canada.

Josh Blair said Monday that Telus remains concerned about government policy on the spectrum available to Canadian wireless carriers.

"This has never been about Verizon coming into Canada, or not, it's always been about

fair access to spectrum," Blair said.

"Spectrum is the lifeblood of our industry, and without fair access to it, that's going to potentially, permanently disadvantage Canadian companies," he said.

Verizon spokesman Bob Varettoni said Monday that CEO Lowell McAdam announced that Verizon was no longer interested in Canada after the company agreed to pay \$130 billion US for the 45 per cent stake in Verizon Wireless owned by British cellphone carrier Vodafone.

McAdam said Verizon doesn't have an interest in going to Canada, adding "at this point in time we're not interested in entering the Canadian wireless market," Varettoni said.

The prospect of Verizon

Rules remain 'wide open'

The big wireless providers argued that big foreign players like Verizon would have an unfair advantage under the current wireless rules.

- "Just because Verizon isn't coming doesn't mean another large foreign company ... might not want to come to Canada and take advantage of rules that, literally, would gift them a path to half of the 700 megahertz spectrum," said Josh Blair, executive vice-president of Telus.

entering the Canadian market had caused a stir among Canadian wireless carriers.

THE ASSOCIATED PRESS



Groovy: Lava lamp turns 50

Lava lamps are displayed in a shop in London. The lava lamp, an iconic piece of British design and social trends, is celebrating its 50th birthday. Since its launch in 1963, Mathmos lava lamps have been in production at their factory in Poole, Dorset. LEFTERIS PITRAKIS/THE ASSOCIATED PRESS

Hit-and-run case

Thai prosecutors seek warrant for Red Bull heir

Thai authorities are seeking an arrest warrant for an heir to the Red Bull energy drink fortune after he failed to appear for his indictment in the hit-and-run death of a policeman, a prosecutor said Monday.

THE ASSOCIATED PRESS

The Cove

Fight to stop dolphin hunt continues in Japan

Former Guns N' Roses drummer Matt Sorum was in a remote Japanese fishing village Monday to protest against its annual dolphin hunt.

The increasingly global campaign to stop the dolphin kill in Taiji was made famous by the Academy Award-winning 2009 film about the hunt called The Cove.

THE ASSOCIATED PRESS

BELONG



THE UNIVERSITY OF WINNIPEG



BUILDING A BRIGHTER FUTURE

The Canadian Museum for Human Rights in Winnipeg, Manitoba will be a national and international destination—a centre of learning that will encourage and educate the next generation of human rights champions.

PLEASE **DONATE**

Your support will help create exhibits and programming that will inspire our children and grandchildren to build a better world. Their passion for furthering human rights is our hope for a brighter future.

Donate today by visiting friendsofcmhr.com or call 1.866.828.9209



friends of
THE CANADIAN MUSEUM FOR HUMAN RIGHTS

HOW DARE YOU BE SO SELFIES?

All right, I don't want to be another one of those people complaining about "kids these days" but teenagers of the Internet, you've gone too far (virtual fist-shaking implied).

If you need yet another example of how social media is eroding our sense of human decency, then take a look at Selfies at Serious Places.

This delightful (read: horrifying) new Tumblr showcases a variety of photos of young adults posing for their smartphones in highly inappropriate settings. From car crashes to the gas chamber at Auschwitz, it seems there is no locale too solemn or morbid for teens looking to share a cringe-worthy self-portrait.

What is wrong with you? Are you documenting your inane facial expressions at important sites to try and prove to your friends and followers how thoughtful and cultured you are? Because if that's the case, you're doing it wrong.



SHE SAYS
Jessica Napier
metronews.ca

If you are in fact looking to exhibit your obnoxious privilege and complete lack of respect, then congratulations, job well done.

I will admit that most travel photography has a boastful "I was here" sort of element to it, but that doesn't mean you should literally photograph yourself holding up a peace sign next to John Lennon's grave.

Perhaps if you pry the phone out of your hands for a few moments and take a look around, you'll learn a few things and come to realize that war memorials, religious statues and heritage sites do not exist as funny props for you to pose against. Do you even know the definition of genocide?

Oh sure there are some places that are relatively suitable for a narcissistic photo-shoot.

When you find yourself riding alone in a well-lit elevator it would be forgivable for you to take a quick pic for your plethora

of social networks; pretty vain, but forgivable.

However, there are many, many circumstances in which snapping a selfie is seriously offensive.

For future reference, here is an incomplete list of places you should resist the urge to take a photo of yourself: funerals, prisons, crypts and cemeteries (that includes celebrities' grave sites because their dead bodies are still DEAD BODIES), in a car or any sort of vehicle that you are in the process of driving, historic places commemorating catastrophic events or mass murders, sad hospital visits, crime scenes and pretty much anywhere you might find large groups of people openly weeping.

If you want to record a particularly stylish OOTD or "duck face" for the camera to show off your new lip-gloss, then that's your prerogative.

But if you're out in public, please try to have a little consideration for your surroundings and the context of your actions. And no, captioning your selfie with #respect

doesn't make it OK.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Opposable thumbs? Pshaw



STEVE JONES/PHOTOSHOT/SOLENT NEWS

House proud on the sea bed

This coconut octopus was captured off the Indonesian coast, and it has revealed surprising domestic skills. Researchers discovered the animal uses coconuts to build shelters, the first known case of an octopus using tools.

They also transport them long distance by stacking the shells and walking on tentacles.

"I almost drowned laughing when I saw this the first time," said Dr. Julian Finn, a researcher from Australia's Museum Victoria. "I could tell it was going to do something, but I didn't expect it would pick up the shell and run away with it." **METRO**

Undersea IQ

Which sea creature is the smartest?

- **Squid.** The octopus' cousin can learn new skills and gets bored easily.
- **Sea lions.** These sea detectives show impressive logic.
- **Whales.** Are masters of language and communication.
- **Dolphins.** Are among the mammals with the largest brain-to-body ratios.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

If the picnic blanket and cooler have gotten more action this summer than your running kicks and gym shorts, fall can be an ideal time to get your sunburned, booze-soaked bum back on track. But if the cooler days and back-to-school ads promoting new beginnings aren't enough to keep you motivated, these apps are here to help:

GymPact:

Miss a workout, pay up. Hit your targets, earn cash. GymPact helps you stay on track by giving cash incentive to those who hit their targets, while those who miss a day have to pay — literally.

Charity Miles:

Would you be more likely to get moving if you knew your miles were going to a good cause? Charity Miles lets

you donate each click/calorie to a charity of your choice.



Comments

RE: Is There Any Point to an Arts Degree?

"Is there any point to an arts degree?" Not in any large numbers/volume. There just are not the jobs out there.

If you want to be in debt for a long time and serve coffee for a living, go for it. Otherwise, learn a specific profession or trade. Don't

overlook the value of becoming a tradesperson (although, I have to admit the apprenticeship programs out there are too restrictive).

CCToronto, posted to metronews.ca

I don't always talk to someone with a BA, but when I do, I tell them I want fries with my burger.

Guesswhosback, posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: winnipegletters@metronews.ca

DVD reviews



Now You See Me

Director. Louis Leterrier

Stars. Jesse Eisenberg, Common, Mark Ruffalo

● ● ● ● ●

Only one movie magic trick really matters in the era of computer-generated imagery: convincing us that what we see on screen could actually happen. Why should we doubt our eyes, when CGI can make anything appear before them? Such is the dilemma of this star-studded bit of hokum Louis Leterrier (*Clash of the Titans*) that adds up to much less than the sum of its parts. The more you see of the movie and the more elaborate the tricks get, the less you are inclined to believe that humans rather than machines are in charge. The human factor is also diminished in the acting, despite a cast that boasts some of the most empathetic players going: Morgan Freeman, Michael Caine, Woody Harrelson, Jesse Eisenberg and Mark Ruffalo. All do tiresome variations of the smarmy know-it-all, while the two main female actors, Isla Fisher and Mélanie Laurent, are reduced to minor roles.

PETER HOWELL

Give 'em more Vin

Riddick. If his success with the *Fast and Furious* franchise is any indication, Vin Diesel knows just what the fans want in a movie



**NED
EHRBAR**

Metro World News in Hollywood

With *Riddick*, Vin Diesel is looking to repeat the success he had reviving his *Fast and Furious* franchise — he'll start shooting the seventh instalment right after *Riddick* is released — and continues to prove he knows what he's doing in giving audiences what they want.

And if he's right a second time, it just might open the doors for his long-awaited *Hannibal* film.

And maybe he'll even squeeze in a *Marvel* flick somewhere. The actor's been hinting about a *Marvel* collaboration and even put up a comic-themed photo on his Facebook page.

After the successful revival of the *Fast* franchise, if this one takes off as well will it feel like a complete vindication for you? Like an, "I told you so" to the industry?

Totally, totally. We're keeping our fingers crossed, but totally. And it will do what it intended to do, which



Riddick opens Friday. CONTRIBUTED

is to reopen that universe. That's the real intention. That's why we were able to go independent, that's why we didn't spend \$200 million like every other

Hollywood production. How anxious and how committed the studio will be to actually do the next one will depend on how it performs.

How much fun have you been having teasing people about your *Marvel* news?

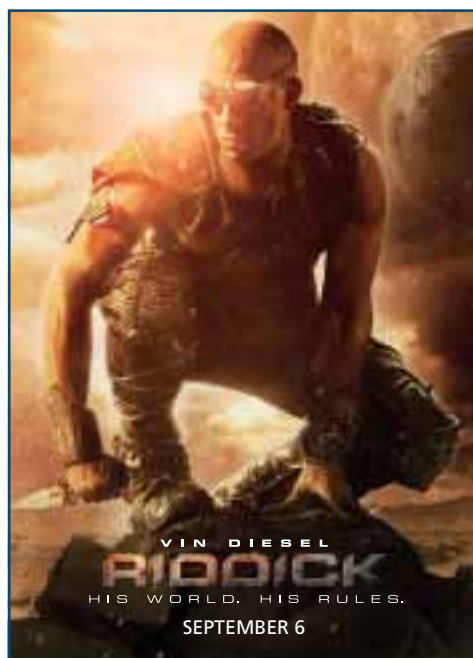
Have I been teasing? If the world wants to focus on a (Facebook) cover photo change that happens on a Sunday afternoon for less than an hour while *D23* is pumping out all the publicity in the world, that's fun, I guess. I don't know if it was so deliberate or if it was just kind of trying to let the social media base in as much as possible without totally disregarding the *Marvel* policy.

What about your long-planned *Hannibal* project?

You know, yesterday I was lucky enough to be the recipient of the 2,504th star on the Hollywood Walk of Fame, and even the night before getting the star, I was thinking, "Am I really ready for this star? I haven't done (*Hannibal*) yet. Why are they giving me this? Don't they have to wait until that trilogy comes out? This makes no sense." But all of these victories for Universal Studios gets me one step closer to traversing the Alps.

You've been holding out for this for so long.

It's embarrassing how long. You know, I've been talking about it so long that even five years ago I would have a little anxiety about doing press because I knew everyone was going to say to me, "Where is this *Hannibal* you've been promising? Come on, this is bulls—!" "But I'm doing *Fast*..." "I don't want to hear it!"



You could
WIN
advance screening
passes to see
RIDDICK

September 5



No purchase necessary. Terms & conditions apply.
For full contest details and conditions, visit clubmetro.com

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.

visit metronews.ca

metro

Long-time friends Holmes and Foxx getting closer?

Katie Holmes and Jamie Foxx turned heads this weekend in the Hamptons, dancing close and looking quite chummy with each other at a benefit bash, according to the New York Post. Holmes, who repeatedly grabbed Foxx's arm, was overheard telling friends, "I haven't had such a good time in so long." The two have been friends for years, but sources say they've become much closer in recent weeks. And blog Diary of a Hollywood Street King even goes so far as to claim that Holmes and Foxx have been seeing each other for "a few months."



Katie Holmes ALL PHOTOS GETTY IMAGES

Bynes' Twitter account 'hacked' while in care

It turns out that mysterious "I love Drake" message on Amanda Bynes' Twitter — her first post since being put under forced psychiatric care earlier this summer — wasn't actually from her. "Amanda's Twitter account has been hacked. She is at the UCLA Medical Center with no access to phones or computers," her attorney, Tamar Arminak, tells Radar Online. She is expected to remain in treatment for the foreseeable future.



Amanda Bynes



Katy Perry and John Mayer

'Gutted' Mayer pops the question but doesn't like patient Perry's answer

John Mayer is reportedly so serious about his rekindled romance with Katy Perry that he's already popped the question — but he didn't get the answer he wanted, according to Grazia magazine. "John won't run from Katy again. He knows his bad-boy reputation and what happened with Russell (Brand) hurt Katy, and

he'll do whatever it takes to show he's the one she should marry," a source says. But Perry apparently "doesn't feel ready" to be married again. "John's proposal really unnerved Katy," the source says. "Even though they have discussed it, she thought it was too soon. John was gutted."

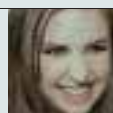


Twitter



@Janefonda

Joined the improv troupe at Upright Citizens Brigade last night. Improv way harder to do than I expected. Fun though



@lenadunham

Feel like there are tons of girls in a pit of ice cream & despair going "Lance Bass got engaged before me!?"



@SteveCarell

"Give a Stranger a Smile Day" results: 23% confused, 34% agitated, 43% annoyed.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Two divorces and demons — business as usual in Hollywood



STARGAZING
Malene Arpe
scene@metronews.ca

Michael Douglas and Catherine Zeta-Jones separate after 13 years of marriage. They cite an inability to be in the same room without passing out from loathing and an urge to yell incoherently the next time the other person makes a chewing sound.

Despite rumours that Dr. Luke would join American Idol as a judge for the next

season, it doesn't look like it will happen. Dr. Dre and Dr. Phil feel vindicated, because they were assured that if American Idol wanted to go with a fake doctor, it would be someone people had heard of.

A preacher named Gordon Klingenschmitt says he believes Madonna is possessed by demons. "Madonna? Are you serious right now?" says Miley Cyrus. "What. Do. I. Have. To. Do?"

Star Trek actor Zachary Quinto tells fan fiction writers that he's convinced that Kirk and Spock are "only good friends." OK. Right. Sure. Next you're going to tell us that Harry Potter and Draco Malfoy didn't elope.

"Twerk" and "selfie" will be added to the Oxford Dictionaries. And yet,



despite my many letters on the subject, they keep rejecting "fnjort" and "smomfy."

Vincent Cassel and Monica Bellucci separate after 14 years of marriage. They cite irreconcilable differences and "just too much hotness for one house."



Grand Prize features an AZUL BEACH HOTEL 7-night Gourmet Inclusive® vacation for your family in Riviera Maya, Mexico! With an intimate 148 suite beachfront setting, AZUL BEACH HOTEL [www.karismahotels.com] is the family-friendly, boutique-style property.



You could
WIN
one of 10 copies of
"Super Buddies" on
Blu-ray™ Combo Pack.

You could also win
the **SUPER GRAND PRIZE** of the Blu-ray™ Combo Pack and an **AZUL BEACH HOTEL** getaway for your Super Family in Riviera Maya, Mexico!

AVAILABLE
NOW

©Disney



No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Half Off: Metro editor loses it

Training. Winnipeg's own Elisha Dacey challenges herself to lose weight

YLVA
VAN BUUREN
life@metronews.ca

Meet 35-year-old Elisha Dacey, Metro Winnipeg's managing editor. Besides heading up an always-unpredictable newsroom, Dacey has a busy home life with her husband and five-year-old daughter, Annabelle. It's no surprise that there never seems to be enough hours in the day, and taking care of herself falls to the bottom of the bucket.

About a year ago, Dacey stopped long enough to realize that at 295 pounds, she had put on way too much weight and her health was in jeopardy. She decided she needed to lose half her weight, and to do so publicly, chronicling the process in a blog called Half Off.

To start, Dacey followed Weight Watchers' points system to keep track of her eating. It worked for a while but when she reached 260 pounds earlier this summer (still, a 35 pound loss!), she hit a plateau. Every time she lost a pound, she'd gain it right back.

Enter colleagues at Metro News who suggested on-going support from a personal fitness trainer and registered nutritionist. And that's where Dacey is today.

Over the next few months, we'll follow Dacey and the experts to see what weight loss tips and strategies work and to provide inspiration and ideas to anyone who wants to improve their health by losing weight.

"The pressure I feel to get this right is definitely several notches higher now," says Dacey. "But I'm up for it. I know I can do this."



Elisha Dacey with personal fitness trainer Jordan Ciciwa. METRO

Nutrition

Meet Theresa Albert, registered executive nutritionist, Metro columnist, media commentator, and author of *Ace Your Health*, a health book, cookbook and journal all in one.

"Elisha is a classic case of no time and messed up priorities. ... Her real challenge will be putting herself first and getting healthier systems in place that will work for her."

Albert also says it's important to stop thinking of food cravings as something you have no control over. "It is only a fully acknowledged belief of the problem and a systematic attack of the issues that will help beat biology."

Albert's goal is to help Dacey establish an eating system that

makes choices healthy, easy and natural. She's going to Skype with Dacey every few weeks to discuss eating challenges and solutions. She's also asked Dacey to track her meals and hurdles, and to send in a weekly weigh-in report.

Fitness

Meet personal fitness trainer Jordan Ciciwa. Based in Winnipeg, he trains everyone from beginners to high level athletes. He also pens a blog called *onefitcity.com*.

"What attracted me to Elisha is I saw what she was trying to accomplish.

"After meeting with her, you can see where her love for her daughter, husband and job has come way before her own

A numbers game

"If it were up to me I would not be focusing on numbers. But I know people want to see the numbers. I know so many women who weigh themselves every day. I weigh myself once a week."

Elisha Dacey

needs."

Ciciwa says regular exercise will help Dacey get back on track to reach her weight loss goal but "it's also about health, fitness and strength for everyday living — you don't want to huff and puff going up and down stairs or run out of energy at the end of the day. When those signs and symptoms start to show up, you are in the red zone."

Ciciwa created a 30-minute home exercise program for Dacey, and in addition to one weekly training session together he asked her to do the program two more times a week on her own. The program is available in a downloadable version online, and there are accompanying videos that feature Ciciwa and Dacey showing you exactly how to do each exercise.

The trainer sees time and priority as Dacey's biggest issues. "Elisha has an unpredictable workday and without a set schedule, she will have to change her mindset. On work-out days she has to consider her day not finished until she does her workout."

"Elisha also has to prioritize her health by taking a little time from other activities that keep her busy, such as emailing. Once she values herself, it will be easier."

Elisha Dacey:

Sharing her story

I'd been thinking about losing weight for a while, and I officially started about a year ago.

I wanted to follow the entire Weight Watchers' program but because I am so busy at work and home, I knew I couldn't get to weekly meetings. I needed to find support another way so I started the Half Off Blog (read the posts at metronews.ca/voices/half-off) — and it's great motivation. It helps me get my issues out and has created a community of followers.

I don't eat that badly, but I eat too much. I also stress eat.

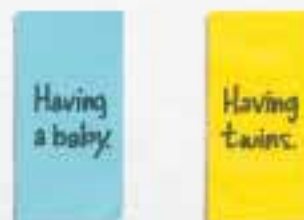
I needed to add exercise to the equation too, but building exercise into your life can be hard. Plus, I didn't want to go to a gym.

I also needed everyone to understand that life gets in the way. Sometimes you're going to eat pepperoni pizza with your family, and sometimes there's no way you're going to want to do your circuit of weights.

ELISHA DACEY AS TOLD TO YLVA VAN BUUREN

Online

See Jordan Ciciwa take Elisha Dacey through nine basic exercises in our exclusive video stream, online at metronews.ca/halfoff.



There's a page for that in the new IKEA Catalogue.

Visit Ikea.ca/Catalogue to see it now.

Brothers are doin' it for themselves

I'm starting with the man in the mirror. Boys are playing a bigger role in their own upkeep. Ladies, rejoice!

COURTNEY M. FOWLER
Metro World News

It's no secret that women love beauty products — just check out our bathroom shelves. However, a recent surge in men's skin care items proves that guys want to be as well-groomed as their female counterparts. We talked to Mr. Bee, head barber at New York City's Frank's Chop Shop and a Dove spokesman, about why so many guys sport handlebar moustaches and how to get the perfect shave.

What is one major misconception about men's grooming?

Men often assume that their grooming routines

have to be painful, which simply isn't true. Every day men are torturing their faces by washing with soap, applying alcohol-rich after-shaves and overlooking the needs of their skin, which contribute to a man's face looking worn, tired and neglected.

What are some of the biggest trends in men's grooming that you've noticed?

For the face, there's definitely been a renaissance of moustaches. Men have been rocking more late 1800s-, early 1900s-style moustaches. (They're) using moustache wax to create those twisted corners, also known as the handlebar moustache. As for hair-styles, I have definitely seen the return of the Mad Men style — the edges are very groomed, but there's more hair on top — giving guys more freedom when styling.

During the week this style can be groomed neat-

Mr. Bee's top three tips

- "An alcohol-free astringent to apply after shaving."
- "A post-shave balm to follow the astringent, such as the Dove Men+Care Hydrate post-shave balm, as it really helps relieve irritation and also soothes skin."
- "For those with facial hair, I'd suggest investing in a natural beard oil. This will help to retain the moisture in your beard."

ly for work, while on the weekends guys can let it loose and sport a more relaxed look.

Today we're seeing more guys sporting beards. Why?

I feel like in terms of style, whether it is hair, facial hair or fashion, everything

comes full circle. There will always be a time when something old is back in vogue. Today, I think we're moving away from the stringent, clean-shaven, corporate look — people are loosening up. What may have been frowned upon 10 years ago is acceptable today. We are at a time where guys are able to express themselves more freely than ever before, and that has manifested into more men sporting beards, moustaches, goatees, etc.

How can guys get the perfect shave?

Every guy should know the key to a good shave is preparation, not necessarily what tools he's using. Preparation includes washing your face with warm water and a gentle cleanser and then getting the skin tender with a hot towel that has been soaked in pre-shave oils. This will also help to open the pores and lift the hair follicles so the hair will come off smoothly.



In 2011, more than \$964 million was spent in department stores on men's products, and the demand seems to be growing. ISTOCK

NEED A RIDE?
Read metrodrive every Wednesday.

follow us
@metrotoronto

metr

THIS FALL, TAKE TIME FOR YOUR HEALTH


JOIN NOW AND YOUR FIRST MONTH IS **FREE!***

Curves

CONTACT YOUR LOCAL CURVES TODAY!

To find a location near you visit
Curves.com
1-800-Curves30

*Limit one free 30-day membership per person. Not valid with any other offer, no cash value and new members only. Offer valid for new fitness members only at participating locations. Offer based on first visit enrollment, minimum 12 month check draft program. Service fee charged at time of enrollment. Contract term may vary by state. 30-day membership must begin prior to September 30, 2013.

 **THE UNIVERSITY OF WINNIPEG**

**DISCOVER
ACHIEVE
BELONG**

uwinnipeg.ca

Split Pea and Barley Soup: A hearty Rosh Hashanah starter



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

During Rosh Hashanah, the Jewish New Year, a hearty old-fashioned split pea soup is the perfect way to start your meal.

1. Combine the barley and the 2 cups (500 ml) of water in a large saucepan and bring to a boil. Reduce the heat and simmer, covered, for 25 minutes or until the barley is just tender. Drain any excess liquid. Set aside.

2. Lightly coat a large non-stick pot with cooking spray,

Restrictions

Not all Jewish dietary or traditional requirements may be met by these recipes.



You can make the soup up to 2 days in advance and just add more stock when reheating. ROSE REISMAN

add the oil and set over medium heat. Add the onion and sauté for 5 minutes or until just softened. Add the carrots and garlic, and cook

for another 5 minutes or until the carrots are slightly softened.

3. Stir in the 4 cups (1 L) of

Ingredients

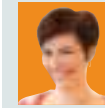
- 1/4 cup pearl barley
- 2 cups water (or vegetable or chicken stock)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2/3 cup chopped carrots
- 2 tsp finely chopped garlic
- 4 cups vegetable (or chicken) stock
- 1 cup peeled and chopped potato
- 3/4 cup green split peas
- 1/4 tsp each salt and pepper

stock and the potato, split peas, and salt and pepper. Bring to a boil, then reduce the heat to low and simmer, covered, for 35 minutes or until the split peas are tender.

4. Purée 2 cups (500 ml) of the soup in a blender or food processor. Return the puréed soup to the saucepan and stir in the barley. Heat through and serve.

Health Solutions

Don't be sheepish



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Axel Meister of Wooldrift Farms in Grey County, Ont., emigrated from Germany in 1987 and was the first to create a commercial sheep milking operation in the province.

I know. Crazy, right? Sheep's milk is a staple all over the world and with good reason. We Canadians have a lot of catching up to do.

Here's why:

- Milking sheep are grazed on grass and therefore have a much higher CLA (conjugated linoleic acid) amount. CLA is a good fat that is said to help keep weight gain at a

minimum.

- Sheep's milk has almost twice the calcium as cows' or goats' milk.

- Sheep's milk has almost twice the protein of cows' or goats' milk.

The taste is a lot less gamey than goats' and not quite as sweet as cows' milk. People with dairy digestive issues tend to have an easier time getting the goodness of milk without the downsides of their intolerance when they seek out the sheep.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Challah bread gets twisted into spirals

Most people know challah — a Jewish egg bread — as a braided loaf. But truth is, it can take on a variety of shapes.

And at Rosh Hashana it often is formed into a spiral, which is meant to symbolize the circle and continuity of the Jewish new year.

1. In bowl of stand mixer, combine water, 4 whole eggs, 3 egg yolks, oil, honey, salt, baking powder, yeast and 4 1/2 cups of flour. Mix on low speed for 6 to 8 minutes, or until dough is smooth and elastic. Dough

Ingredients

- 2/3 cup warm water
- 4 whole eggs, room temp
- 3 egg yolks, room temp
- 1/2 cup canola oil
- 2 tbsp honey
- 2 tsp salt
- 2 tsp baking powder
- 2 tsp instant yeast
- 4 1/2 to 5 cups all-purpose flour

For the egg wash

- 1 egg
- 1 tbsp water



This recipe serves 16. MATTHEW MEAD/THE ASSOCIATED PRESS

should be very soft and slightly sticky. If it feels too sticky, add the remaining flour 2 table-spoons at a time.

2. Cover bowl with plastic wrap and allow to rise in a warm place for 45 minutes.

3. Dump dough out onto counter and divide into 16 even pieces. Roll each piece into a 12-inch long snake.

4. Spray muffin tin with cooking spray. Spiral 1 dough snake into each muffin cup. Cover

muffin tin loosely with plastic wrap and allow to rise again in a warm place for another 45 minutes, or until puffy.

5. After dough has risen for 30 minutes, heat the oven to 375 F.

6. To prepare egg wash, in a small bowl beat together the egg and water until frothy. Brush gently over the spirals, then bake for 20 to 25 minutes, or until cooked through and golden brown. Transfer to a rack to cool.

THE ASSOCIATED PRESS

BREAKFAST • LUNCH • CATERING

What's on the menu?

"You have to try it. Anne Aka Carla will make you feel right at home. You may think you are at cheers."

-Urbanspoon review

"Great deli highly recommended for lunch or breakfast."

-Urbanspoon review

NATHAN DETROIT'S
Sandwich Pad

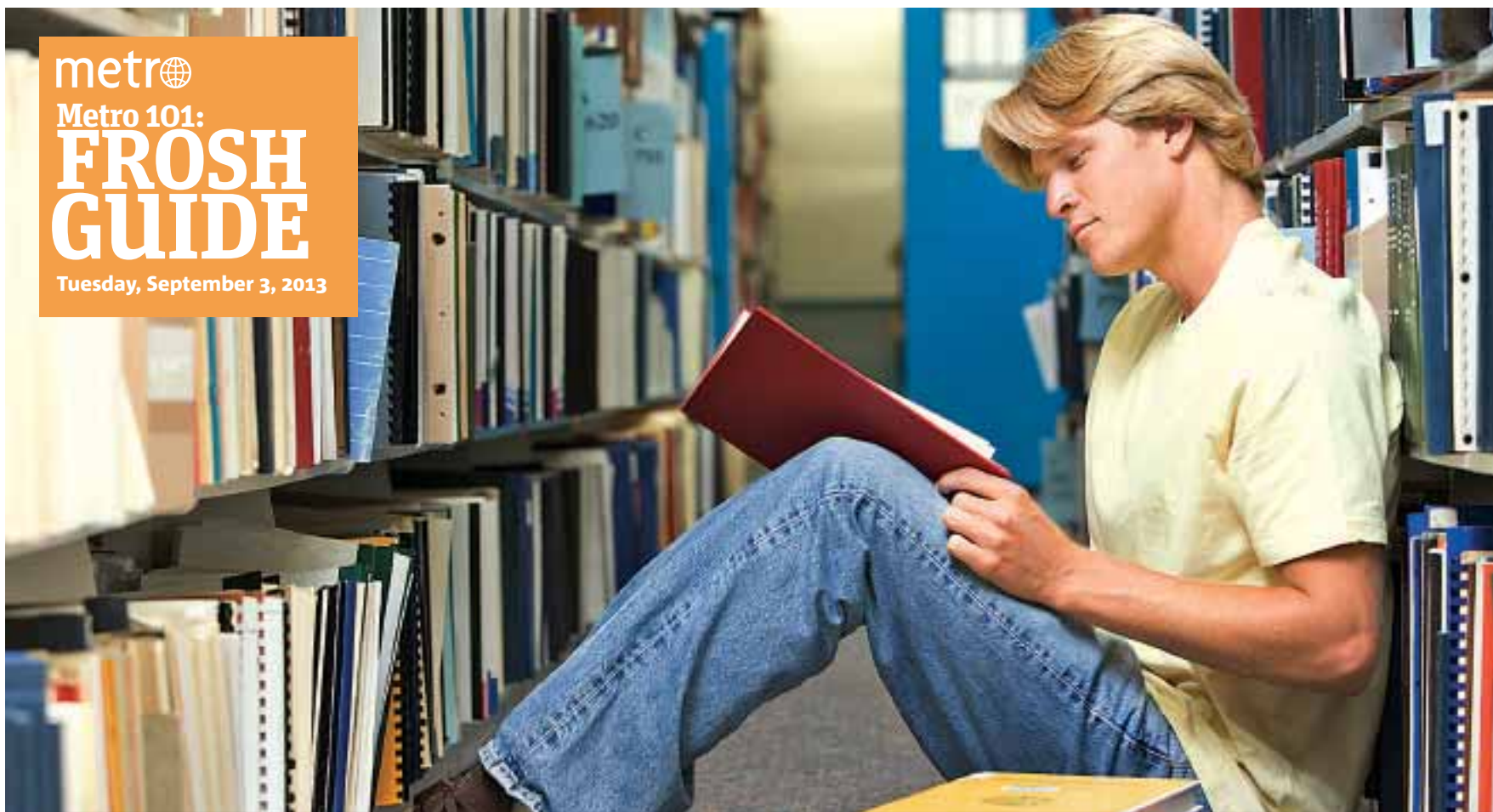
Richardson Centre Concourse
(204) 943-1034

metro

Metro 101:

FROSH GUIDE

Tuesday, September 3, 2013



Carve out a plan to study, including making a schedule and inputting key dates and deadlines for the term, as well as other commitments. COLOURBOX

Brush up on the ABCs of studying

**RICHARD
WOODBURY**
For Metro

While it might be tempting and seemingly practical, cramming before a big test or exam is not the ideal way to study in university.

"You can't do it all at once," said Catherine Davis-Herbert, the director of student life at MacEwan University in Edmonton.

Studying on a regular basis is the key to success.

"Consistent studying is not about studying two days before your exam ... Studying starts on the first day of classes," said Jessica Chubb, the co-ordinator of the studying for success program at Dalhousie University in Halifax.

For students to be successful, they should carve out a plan. As a starting point, students should make schedule and input the key dates and deadlines for the term, as well as their other commit-

Brain food

- Pay attention to what you are consuming while studying. Eating fresh fruit and vegetables will "give you reserves of energy and increase your ability to concentrate,"

says a posting on Brock University's website. As well, "stay away from energy drinks with lots of caffeine as they can inhibit your ability to think clearly."

ments. This will help give them a good idea of the time available for studying.

The time blocked off for

study should correspond with the time of day at which the student is most productive. As well, by setting realis-

tic study goals, it will make them easier to adhere to.

Students are also going to want to find a number of ideal study environments from where they can work since sometimes these spaces may be unavailable or crowded.

When studying, just reading and rereading the text won't be sufficient.

"The trick is getting engaged," Davis-Herbert said.

For this engagement to occur, students are going to

have to do something with the information they are reading and apply it. This may include taking notes and trying practise problems from textbooks. Students can even create their own practice problems. Another option is for students to explain what they are learning to other people (or creatures).

"One student told me she explained what she was learning to her dog," Davis-Herbert said.



WINNIPEG TECHNICAL COLLEGE

REGISTER NOW

FOR PROGRAMS STARTING 2013/2014

For 27 years, Winnipeg Technical College has helped students connect to success in the fields of Information and Business Technology, Health Care and Human Services, and Skilled Trades & Technology. Our new Fultz Campus, increased classroom and workshop space, and innovative partnerships will put you ahead of the curve, enabling you to connect to success.

wtc.mb.ca
204.989.6500

Auto Mechanics
Business Administrative Assistant
Culinary Arts and Design
Carpentry
Hairstyling*

*Daytime & Evening programs available
Industrial Welding
Motorsport Technician
Production Art
Technical Drafting



Tech essentials



MIKE
YAWNEY
For Metro

Sure, tablets and computers are widely used for games and entertainment, but they can also be valuable tools to make college and university life a bit easier. Here are a few back to school tech essentials for that post-secondary student in your life.

Macbook Air — \$999.99 and up

The ideal laptop to carry in your backpack. The ultra-lightweight Macbook Air is equipped with Intel processors, the latest wireless technology and an improved battery that lasts between nine and 12 hours, depending on the model.

The FaceTime camera is also ideal for video conversations with the family for students who are studying abroad. (apple.ca)

Samsung ATIV Book 9 Lite — \$829.99

Thin, yet powerful, this new laptop from Samsung doesn't compromise performance for portability. The solid-state hard drive ensures quick access to files and startup times as quick as eight seconds. Enable the SideSync feature to wirelessly transfer files from any Galaxy device, or control your Galaxy smartphone directly from your computer. (samsung.com)

Nexus 7 Tablet — \$229 and up

This seven-inch Android tablet from Google and ASUS is the perfect balance of performance and price. It's

well-built, portable, and has a battery that can last through nine hours of active use. The Nexus 7 also boasts the highest screen resolution of any tablet of this size. Wi-Fi only at launch. An LTE version will be available soon. (google.ca/nexus)

Moto X — \$189.99

An LTE smartphone that doesn't require you to touch it to use it. Get directions, set an alarm, or create schedules using only your voice. The camera can also be activated by a simple twist of the wrist. Available in black and white at launch, but you can expect to customize it in up to 18 colours in the near future. (rogers.com)

Mophie Juice Pack Powerstation Pro — \$99.99

An essential gadget for students on the go. This external battery can deliver an extra three to four charges to your smartphone or tablet via USB. It's water-, shock-, and dust-proof, which means you can toss it in a backpack without fear of damage. (mophie.com)

Airport Time Capsule — \$299 and up

This stylish wireless router is really two devices in one. Not only does it offer the latest 802.11ac technology (three times faster Wi-Fi than the previous generation of routers), but it also hides a hard drive inside, which constantly backs up your computer so your assignments

Samsung ATIV Book 9 Lite — \$829.99, left, Mophie Juice Pack Powerstation Pro — \$99.99, bottom left, Nexus 7 Tablet — \$229 and up, right.



will light up, buzz or show up on your smartphone's "radar screen" as long as they are within 150 feet of you. (sticknfind.com)

Dyson Digital Slim — \$299.99 and up

Encourage your student to keep their dorm room clean with this high-tech cordless vacuum. Dyson's Digital Slim line features an extremely portable design, plus Root Cyclone technology ensures your vacuum doesn't lose suction over time. The long reach wand allows floor-to-ceiling cleaning and since there is no cord you can use it almost anywhere. (dysoncanada.ca)

Airbac Backpack — \$89.99 and up

Students carry a lot with them throughout the day — help them take a load off with the Airbac. This backpack features an air support system that is designed to rest above the waistline, literally taking the weight off the back and shoulders. Other features include a separate 15-inch laptop pocket, iPad pouch and multi-zipper storage. (airbac.com)

are always kept safe. (apple.ca)

iPad — \$499 and up

Apple's iPad continues to be a favourite among both students and instructors. With the largest app collection of any tablet it's no wonder so many are using the device in the classroom. The latest iPad features improved Wi-Fi performance, high-resolution Retina display and dual cameras. (apple.ca)

Stick N Find — \$29.99

Did you buy a lot of tech gadgets for your college kid? Make sure they don't lose them in their messy dorm room with Stick N Find. These quarter-sized stickers can be placed on almost anything. If you lose an item simply launch the smartphone app and the Bluetooth stickers



Clockwise, from top, Moto X — \$189.99, iPad — \$499 and up, Airport Time Capsule — \$299 and up, Stick N Find — \$29.99, Airbac Backpack — \$89.99 and up, Dyson Digital Slim — \$299.99 and up.



Melissa,
Clinic Office Assistant
Student

Earn your Diploma in 1 year or less

- Accounting & Payroll Administrator
- Administrative Assistant, Business Administration
- Clinic Office Assistant
- Community Support Worker
- Computer Network Technology
- Radio & Television Broadcasting Program
- Health Care Aide
- Legal Assistant
- Medical Laboratory Assistant
- Pharmacy Technician

HERZING

COLLEGE

204 775 8175

Call us today and start your new career now!

723 Portage Avenue • www.herzing.ca/winnipeg



Travelling in groups while on campus is a good way to stay safe. NEWS CANADA

Stay safe and know your surroundings

RICHARD
WOODBURY
For Metro

Going to university is like entering a whole new world, so it's important that students think about safety in their new surroundings. Part of this thought process involves finding out what security services are in place.

"Each institution is kind of unique in what they offer," said Staff Sgt. Cathy O'Donnell, the security manager at McMaster University in Hamilton, Ont.

"You really need to be aware of your surroundings."

When travelling through campus at night, one should travel in groups.

"It's always better to have a group of people," said Alissa Ali, a student and residence don at Mount Saint Vincent

Campus security

- Some campuses have apps that offer tips and information, as well as direct lines to call campus security. Campus payphones may have a direct line to security and the school may even have emergency phones on campus, which are often referred to as blue light phones. It's also a good idea to take a tour of the campus to become familiar with it.

University in Halifax.

She also recommends carrying a cellphone and flashlight.

University is also a time when many students drink alcohol, so it's important they

drink responsibly.

Ali said it is important students know what their drink limit is (in terms of losing control) and respect that. As well, if they are going to a bar, they should bring a specified amount of money they do not plan to spend more than. They should also have money set aside for getting home.

When drinking, students should employ a buddy system and keep an eye on each other to make sure everything is OK.

"Friends are your best allies," O'Donnell said.

One final key point to mention is the issue of consent when it comes to sexual activity.

"Any sexual activity without consent is sexual assault and that's a crime," reads a posts from the website respectyourself.ca.

BOLD
HAIR BOUTIQUE
Student Special
SHOW YOUR STUDENT CARD
& GET 10% OFF ALL SERVICES

204-504-7565 • 283 TACHE AVE. WINNIPEG, MANITOBA

visit
metronews.ca

metro

Antidandruff Shampoo Research Are Antidandruff Shampoos Effective? Come Help Us Find Out!



Hill Top Research is seeking men and women, with mild to moderate dandruff or seborrheic dermatitis of the scalp, to participate in a clinical research study testing the effectiveness of a marketed antidandruff shampoo.

You may qualify if you:

- Are 18 to 65, in good health
- Have mild to moderate dandruff or seborrheic dermatitis of the scalp
- Can attend five study visits

**Participants Completing The Study
Will Receive \$150 for Time & Travel**

Study Starts : Sept. 5th

Follow Us:



Call Today! 204-480-7426

or

email us at: studies@hill-top.com



DISCOVER



THE UNIVERSITY OF WINNIPEG

FALL JAM²

featuring



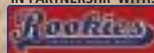
Like us on Facebook for a chance for you and 9 of your friends to win tickets to the show.

10 of MANITOBA'S HOTTEST BANDS: Ms Stacey Schalla, Electric Vamp, Plunge, Standard Monday, Sly Skeeta and StreetWyze Crew, Cilly Cyb FungHigh, Giants of the River, The Council, Less Than Gone and the Rock Show. Onsite food concessions provided by Zed's Grill and RJ Dogs. Overnight camping.

Tickets \$5⁰⁰ • Gates Open @ 1:00pm

6556 Provincial Trunk Hwy 8, St. Andrews, Manitoba

IN PARTNERSHIP WITH:



ALL ALCOHOL MUST BE IN CANS OR PLASTIC BOTTLES - ABSOLUTELY NO GLASS ALLOWED. RS MUSIC PRODUCTIONS IS NOT RESPONSIBLE FOR ANY DAMAGES, LOST OR STOLEN PERSONAL PROPERTY WHILE CAMPING ON SITE.

How to sweep her off her feet: couple in Swiffer commercial share love advice

In love. We spoke to the Kaufmans, who live in Valley Stream, N.Y., about what's kept their bond of 44 years so strong

MEREDITH ENGEL

Metro World News

You've likely uttered a big "Awwww" upon seeing Morty and Lee Kaufman sweep each other off their feet — and dust off the armoire — in that popular Swiffer commercial.

And good news for romantics: The couple is just as in love in real life as they are in the commercial.



The Kaufmans, from the popular Swiffer commercial, are just as happy outside the ads. CONTRIBUTED/ SWIFFER

How did you two meet?

Lee: I was a widow and so was he, as we found out after we met. His little boy was in my summer reading class and Morty came for a required parent conference, and that was really how the whole thing started. And after that we kind of left Scotty on his own and got interested in each other.

Morty: I walked in and I said to Lee, "Scotty can't read for beans, what are you gonna do about it?" She wasn't too intimidated but nevertheless I felt that I laid everything out straight for her. And later on I came in to have another conference with her, and I said, "I didn't come to speak about

Scotty — would you care to go out with me?" And from then on it blossomed into a lovely romance. We've been married 44 years now. We got married on Valentine's Day 1969, and we've had a good marriage. Our children are wonderful to us, and we're wonderful to our children, and we're wonderful to each other.

Lee: And I must add that Scotty is an excellent reader. It all worked.

What drew you to each other?

Morty: You know, we both had been widowed in our early 40s, and there was a common

bond between us in that we had similar situations. We got along fine. She's a lovely girl. **Lee:** Wow. ... It did work out well. We never really sat down and figured the points of what was good and what was bad — it really just went along, especially when our children began to get along.

Morty: I'll tell ya, I think an important factor was the fact that our previous marriages were both very satisfactory. We both came in with good concepts of marriage and then we were widowed in our very early 40s and we re-entered into marriage with a good attitude.

What are your secrets to wedded bliss after so many years?

Morty: You have to know that you love the person and you gotta know that that person loves you. And you have to be considerate of each other.

Lee: I'm listening very carefully to all this.

How do you resolve arguments?

Morty: You compromise or you give in. No difference of opinion is that important as to interfere with your love for each other. Each one of us gives in more than we'd like. But we give in.

Lee: We were each of us the youngest in our family, and my bigger brothers and sisters always told me where I could sit and what I could do, and if I threatened to complain to mom and pop they threatened me back, so that's what happens when you're the youngest: You learn to accommodate. And we found each other very accommodating. Really, that was a good contributing factor.

Morty: You gotta take care of each other.

How do you keep things fun over the years?

Lee: Well, we're quite sociable.

We've been theatre-goers in Manhattan —

Morty: Opera-goers for 40 years.

Lee: Yes, that got to be our thing. Actually, Morty introduced me to the opera part of it, and fortunately I discovered that it was a nice thing so it was a good thing for us to share. There are friends who join us — we've been a group for a long time who does that sort of thing — and then the rest is just nice socializing that most people do with each other and with their friends.

Morty: We eat a lot.

Lee: Yes, we eat a lot (laughs).

Morty: We don't cook too much. After 90, you don't want to really exert yourself. You want things done for you in a nice, easy fashion.

Everyone wants to know:

How do you keep the sparks flying after all these years?

Morty: Well, there is nothing racy. It's just warm appreciation of each other. Your bodily demands vary with different ages as you get older. As you get older, you can just appreciate squeezing each other's hand, hugging each other.

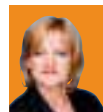
Lee: I just gave him a poke because I just want him not to divulge all the secrets of our successful life together.

Morty: Listen, there's nothing quite as good as a loving hug and a good warm kiss. That keeps you going.

Lee: Thank you, Morty.

Morty: You're welcome.

Insurance — a back-to-school essential



YOUR MONEY
Allison Griffiths
money@metronews.ca

No sooner had my youngest daughter headed off to university than some wretch stole her backpack. Gone was a cellphone, keys to her dorm room and an expensive hearing aid.

Fortunately, because she was in residence, our policy covered everything after a \$500 deductible.

Insurance isn't something that's on most back-to-school lists, but it should be.

Theft, especially of expensive electronic devices, is common on campuses. In

April, for example, Simon Fraser University in Burnaby, B.C., issued a warning that campus thefts had doubled over the previous year.

It's important to know if the household policy covers loss, damage or theft of the student's possessions and to what degree. For example, a student renting an apartment or room may need a separate tenant package whereas personal belongings in a residence could be covered.

In other cases, parents might need to pay a bit extra to extend coverage up to a certain limit as long as the student is living away from home.

Before sending an off-



You might not be able to find an insurance plan that covers all-nighters.
ISTOCK IMAGES

spring to post secondary studies with a vehicle, shop around for insurance. "Some companies price

occasional drivers much better than others," notes Anne Marie Thomas of InsuranceHotline.com.

And if a student is listed as a driver but won't be taking a car with them, Thomas suggests the parents ask the insurance company about a discount, "because the exposure to risk has been reduced since the student won't be driving as often."

Students should also be aware that insurance goes with the vehicle.

If they lend the car and there is an accident, generally speaking the car owner's insurance, not the driver's, will take care of the claim.

Make sure kids fully understand their respon-

sibilities, especially if drugs or alcohol are involved in a crash.

Or simply forbid them from lending (unless they need a designated driver) and pray they pay attention.

Thomas urges parents not to forget about liability.

"If the child is sued while in a dorm or a shared apartment, don't make the assumption that the parent's liability will be extended."

Everyone hates paying for insurance — until it's needed.

Make sure students are covered to eliminate at least one parental worry.

Contact Allison at griffiths.allison@gmail.com or allisongriffiths.ca



Baseball

No title repeat in cards for Goldeyes

The playoff-less Winnipeg Goldeyes came alive in the eighth inning to score three runs and survived a late charge by the Redhawks as they squeaked out a 6-5 victory over Fargo-Moorhead in their final game of the 2013 campaign.

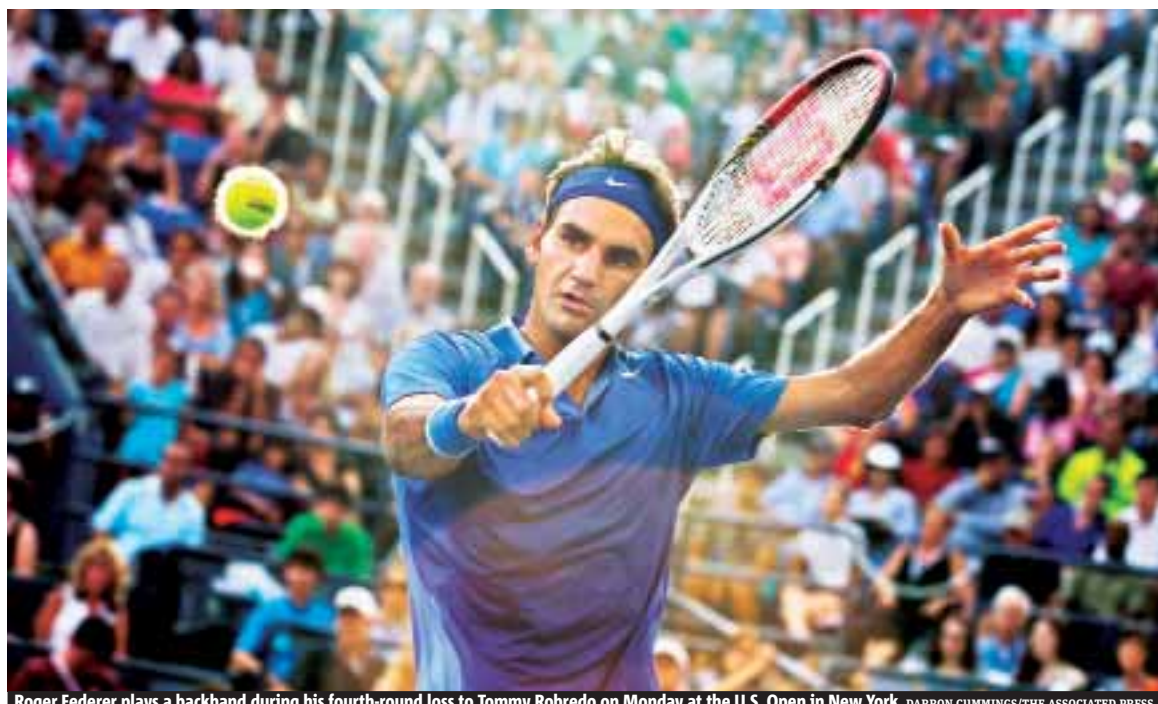
After two scoreless innings, the Redhawks struck first blood on a controversial play at the plate in the third. 'Hawks shortstop Zach Penprase dashed home off a wild pitch but Fish catcher Luis Alen made the toss to pitcher Matt Rusch in time to make the tag. However, the umpire counted the run when after ruling the ball was not in Rusch's glove when he made the tag.

The Fish turned it around in the fourth as they scored three runs off of RBI singles from Fehlandt Lentini and Alen, putting Winnipeg up 3-1. The Goldeyes would later give up a run in the fifth and eighth levelling the score at three.

For the second season in a row, Josh Mazzola was voted the Most Valuable Player by the media. Mazzola led the Goldeyes with 16 home runs. Alen was named Player of the Year by the fans.

The Goldeyes followed up their championship season with a disappointing 56-44 record in 2013.

TYLER ESQUIVEL/FOR METRO



Roger Federer plays a backhand during his fourth-round loss to Tommy Robredo on Monday at the U.S. Open in New York. DARRON CUMMINGS/THE ASSOCIATED PRESS

Sun sets on Federer at another major

U.S. Open. 17-time Grand Slam winner stunned by Robredo at Flushing Meadows

Right from the start, Roger Federer looked very little like, well, the Roger Federer who routinely reached the final weekend at Grand Slam tournaments.

In the opening game of his fourth-round match at the U.S. Open, the owner of 17 major titles got passed at

the net twice, sailed a backhand long, then missed two forehands to get broken. In the second game, the man who has spent more weeks ranked No. 1 than anyone else dumped a backhand into the net, then shanked two other backhands several feet wide.

No longer the dominant presence he once was, Federer lost in the round of 16 at Flushing Meadows for the first time in a decade, surprisingly beaten 7-6 (3), 6-3, 6-4 by 19th-seeded Tommy Robredo of Spain on Monday

0-for no more

0-10

Until Monday, Tommy Robredo was 0-10 against Roger Federer and had managed to win only three of the previous 27 sets they'd played.

night.

"I kind of self-destructed, which is very disappointing," said Federer, who made 43 unforced errors and managed to convert only 2 of 16 break points. "It was a frustrating

performance."

It's only the latest in a series. This caps a poor-by-his-standards Grand Slam season for Federer, whose record Grand Slam trophy collection includes five at the U.S. Open.

He exited in the semi-finals at the Australian Open in January, the quarter-finals at the French Open in early June and the second round of Wimbledon in late June.

Later in the evening, Milos Raonic of Thornhill, Ont., lost a five-set marathon match to Richard Gasquet of France.

THE ASSOCIATED PRESS

Stamps lose Glenn in Labour Day victory



Edmonton defender Damaso Munoz tackles Jon Cornish on Monday afternoon in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

First the Calgary Stampeders lost quarterback Kevin Glenn.

Then they almost lost the Labour Day Classic.

Glenn was sidelined in the second quarter by a bruised knee and replaced by backup Bo Levi Mitchell, then the Edmonton Eskimos exploded for four unanswered touchdowns in the final quarter as Calgary held on for a 37-34 victory on Monday.

The Stamps built a 37-7 cushion with 10 minutes remaining in the game when Edmonton made a dramatic surge

to earn four touchdowns.

"I thought our team played hard, they played fast, they played physical," Calgary head coach John Hufnagel said. "We need to play smarter and I say that to my football team all the time.

"We knew Edmonton was a good fourth-quarter team. We knew there was no quit in that football team. Life is a lesson, so is a football game. Fortunately, the mistakes we made didn't cost us the game."

Cary Koch, Kerry Joseph, John White, Matt Carter and

Fred Stamps had touchdowns for Edmonton (1-8), whose 27 points in the fourth quarter made for a wild finish and a tense one for Stampeders fans at McMahon Stadium.

But Calgary (7-2) held on and continues to chase the Saskatchewan Roughriders (8-1) atop the CFL. The Eskimos lost their seventh in a row and reside in the West Division basement. The Stamps led 17-0 after the opening quarter, but their momentum stalled momentarily when Glenn left the game in the second. THE CANADIAN PRESS

Hesjedal lightens up for Alberta race

Cycling. With race in homeland, Canadian rider looks to shed trappings of success

His teammates call him Weight of a Nation, but Ryder Hesjedal has figured out the best way to carry it is to pretend that you're not.

"I'm just hoping to have a good race and be part of it in a good way," he said in a recent interview from his hometown of Victoria before heading to the Tour of Alberta, Canada's first top-level bicycle stage race.

He got the nickname during the 2012 Giro d'Italia, one of the world's three Grand Tour races. Hesjedal won that 21-day grind through Italy's mountains, valleys and coastlines to become the first Canadian to win a major European tour event.

But ever since, the spokes



Ryder Hesjedal GETTY IMAGES

on the wheel have come a little loose.

He has helped teammates win some of Europe's biggest one-day events and put in some impressive personal showings, but crashes, ill-timed flu bugs and tough courses have kept him off the podium at the Olympics and this year's Giro

and Tour de France.

Maybe the burden was a little heavy, he concedes.

"When I look back, it was just too much — the whole stretch of the setbacks and trying continually to come back to top form. I think I paid for that in the Tour. I just didn't get to that level in the Tour de France," he said.

Hesjedal said the inaugural Tour of Alberta — a six-day, 900-kilometre race through prairies, badlands, river valleys and foothills, starting in Edmonton on Tuesday and ending in Calgary — is building on an emerging pro cycling scene in North America. But as Canada's biggest cycling star, he's not worried about being dragged down by the weight of racing in his home country.

"I'm more looking to enjoy racing here in Canada, being home and enjoying the inaugural event and not really fixate on performing. I'm just hoping to have good legs," Hesjedal said. **THE CANADIAN PRESS**



Tigers rise above Red Sox

Tigers shortstop Jose Iglesias turns a double play over the slide of Red Sox first baseman Mike Napoli in Boston on Monday. Doug Fister rebounded from a miserable start with seven shutout innings as the Tigers won 3-0 in the matchup of teams with the AL's best records.

WINSLOW TOWNSON/THE ASSOCIATED PRESS

NHL

Blackhawks lock up Crawford

Corey Crawford is having one great summer.

First, he was in net when the Chicago Blackhawks stormed to their second NHL title in four seasons. Then he welcomed the Stanley Cup to his hometown of Montreal on Monday, and joined the team for the announcement of a six-year contract extension that officially stamps his arrival as one of the league's top goaltenders.

"It's amazing," said Crawford, who recently got engaged and is in the mix to play for Canada in next year's Winter Olympics. "I want to be in Chicago for my whole career and so this is amazing to be able to do this and get this deal done."

Crawford went 16-7 with an NHL-best 1.84 goals-against average while starting every playoff game for Chicago this year.

The extension is reportedly worth \$36 million and runs through the 2019-20 season. **THE ASSOCIATED PRESS**

Have an unusual morning.

WHEELER
IN THE MORNING
with **PHILLY & RENA**

92 CITI FM
WORLD CLASS ROCK

92citifm.ca

Horoscopes

Aries

March 21 - April 20

Don't feel unworthy if you receive something you did not expect. It has come your way so you deserve it, even if you don't know why. The planets respond to good and bad deeds.

Taurus

April 21 - May 21

Something you have to do may be boring but stick with it because you will soon be doing something more interesting. What you don't need is that nagging feeling that there are jobs that still need doing.

Gemini

May 22 - June 21

Given enough time most situations resolve themselves, so don't get worked up about something that is really of only minor importance. If someone has hurt you, remember this: living well is the best revenge.

Cancer

June 22 - July 23

You seem to have forgotten what it is like to make decisions for yourself but that will change over the next few days. You must take the initiative. Your success depends on it.

Leo

July 24 - Aug. 23

You may not want to listen to someone who seems to just moan about how unfair life is but this time it seems they have something worth complaining about. Help them.

Virgo

Aug. 24 - Sept. 23

It is essential that you adopt a positive attitude. The approaching new moon in your sign will bring new opportunities your way but to take advantage, your mind must not be stuck in reverse.

Libra

Sept. 24 - Oct. 23

It may seem as if you are moving in the opposite direction as everyone else but that does not matter. The fact that you are moving at all is what counts. Others will admire your vitality.

Scorpio

Oct. 24 - Nov. 22

There seem to be a lot of rumours flying around. Should you take them seriously? With Neptune strong in your chart, you can probably afford to ignore them altogether.

Sagittarius

Nov. 23 - Dec. 21

Check your facts today then check them a second because it will be easy to overlook small but vital details. Don't be lazy or complacent. You cannot afford to take anything for granted.

Capricorn

Dec. 22 - Jan. 20

You will be on the move quite a bit over the next two or three days but don't forget that your energy is limited. Do only those things, and go to only those places, that bring you closer to your long-term goals.

Aquarius

Jan. 21 - Feb. 19

It may be true that someone is trying to undermine your authority but is it important enough to get annoyed about? Probably not. A few short days from now, your current worries will seem like a lifetime away.

Pisces

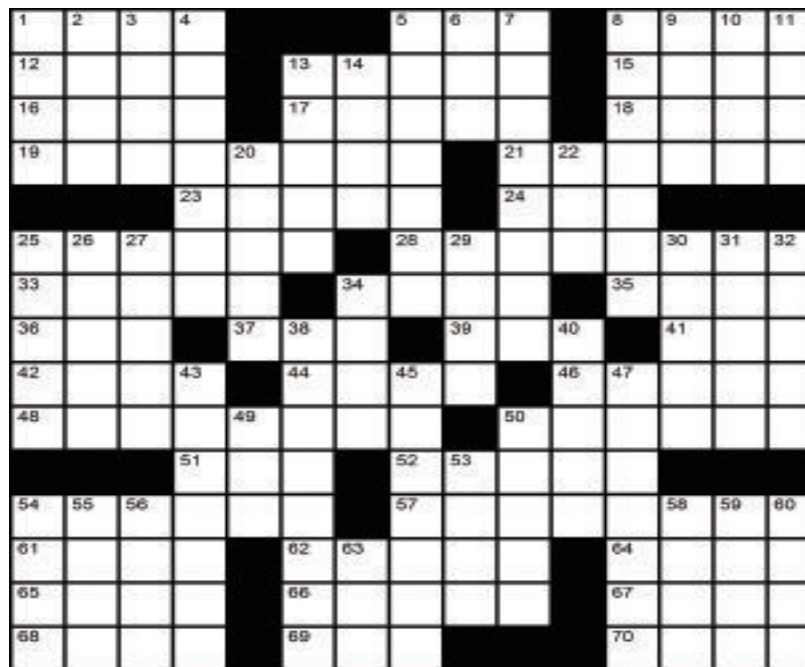
Feb. 20 - March 20

It appears you feel guilty about something should have done, but did not; or something you did but should have avoided. Focus on more important issues. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. ___ to School
5. From A ___ (Step-by-step)
8. Poker token
12. Wings: Latin
13. ___ diving
15. ___-call (Automated phone message)
16. Fall mo.
17. Trompe '___ (Visual illusion)
18. Fashion designer Mr. Saint Laurent
19. Instructors
21. Canadian glue company since 1876
23. Shaped with an axe
24. Soak flax
25. Some Internet ads
28. "The Beach-combers" main character, Nick ___
33. Spew fire
34. Newbie, variably
35. Vampire's vestment
36. Geog. coordinate
37. Expert
39. Lettered band of "Unbelievable" fame
41. Tree in Hawaii
42. Beyonce's "Caddis Records" role
44. Hawk's lofty nest [var. sp.]
46. Whitney Houston song: "Greatest Love ___"



48. ___ set (Compass, ruler, triangle, etc. kit)
50. Canadian note-books brand
51. Work of what?
52. Jagged
54. 3-ring ___
57. Great states of joy
61. Early Ron Howard TV role
62. "Steady ___ goes!"

64. "The Flintstones in ___ Rock Vegas" (2000)
65. Singer Erykah
66. Ominously comes into view
67. Superb spot
68. John Keats specialties
69. Mr. Chaney of movies
70. "You ___ Me" by Sam Cooke

1. Rope fibre
2. Away from the wind, at sea
3. Bullfighter's cloak
4. Potato chips flavour
5. Labour Day fol-lower
6. Stylish sash
7. Quickstep-doing place
8. British style of crossword
9. Jay Z hit tune from

- 2001: "Izzo (___)"
10. "___ of you, don't say goodbye..." - Neil Sedaka
11. Put forward, as an idea
13. Bunches
14. Centre
20. Prefix meaning "Seven"
22. Poetic nightfall
25. Ship co-owner in Moby-Dick, Captain

26. Give a stately speech
27. ___ work (Get labouring)
29. Squirrel's nest
30. Capital of Senegal
31. Olympian, ___ Anton Ohno
32. Mattress manufacturer
34. Golfer, when at the golf peg, say
38. Britain-born Canadian actress Kim
40. Impose upon
43. Milos Forman won the 'Best Director' Oscar for what 1984 film?
45. University in Toronto
47. Rivers: French
49. Poetically before
50. Wishes
53. Mr. Emanuel (Mayor of Chicago)
54. Peter Sellers comedy, "The ___" (1967)
55. Big name in tablets
56. Brood of pheasants
58. BTO song: "Let It ___"
59. Level
60. Belinda Carlisle hit: "Circle in the ___"
63. The ___ (Sault Ste. Marie's nickname)

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 27°
MIN: 10°



MAX: 26°
MIN: 16°



MAX: 31°
MIN: 20°



JENNA KHAN WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



visit metronews.ca



There's a page for that in the new IKEA Catalogue.

Visit IKEA.ca/Catalogue to see it now.